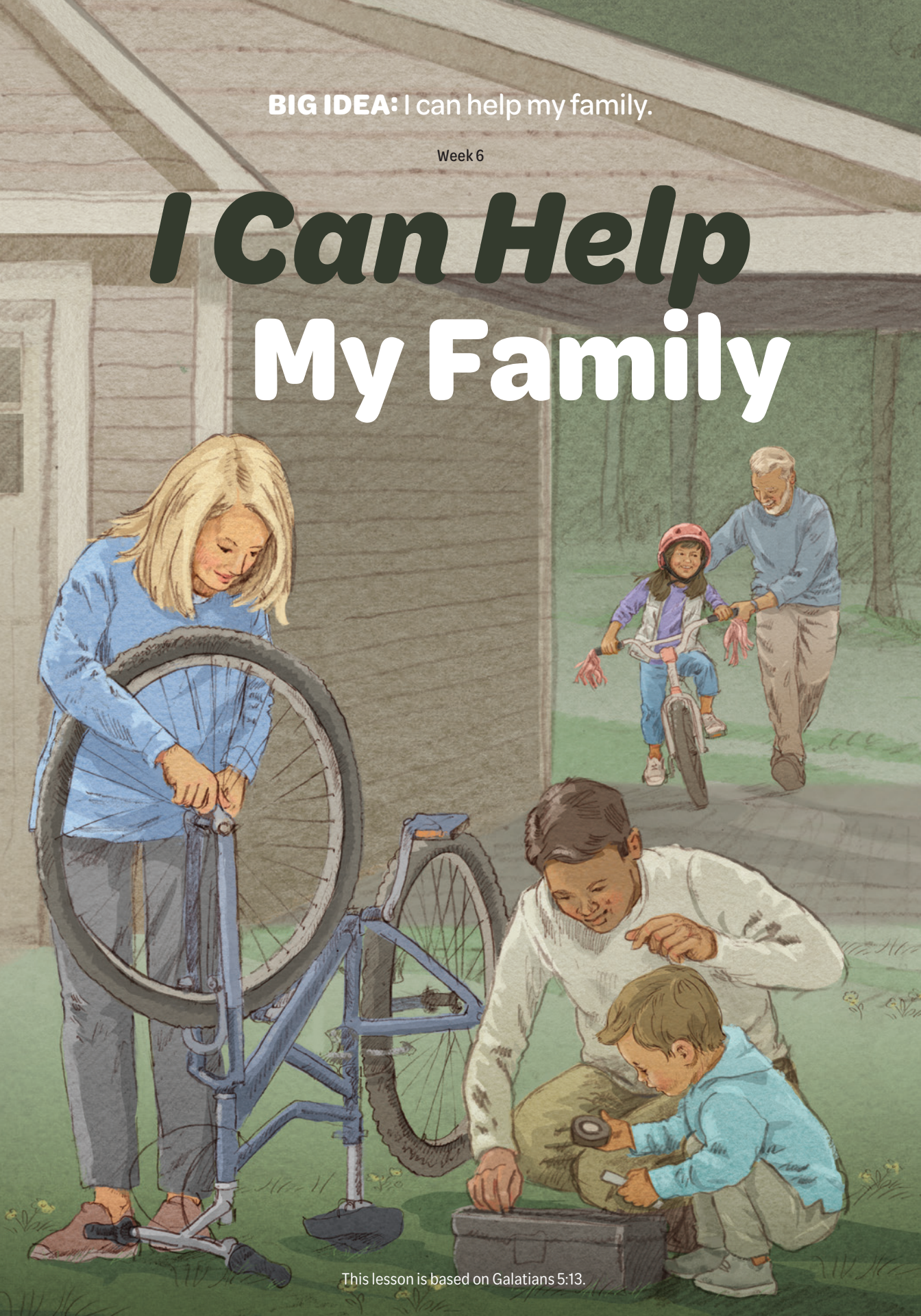
BIG IDEA: I can help my family.

Week 6

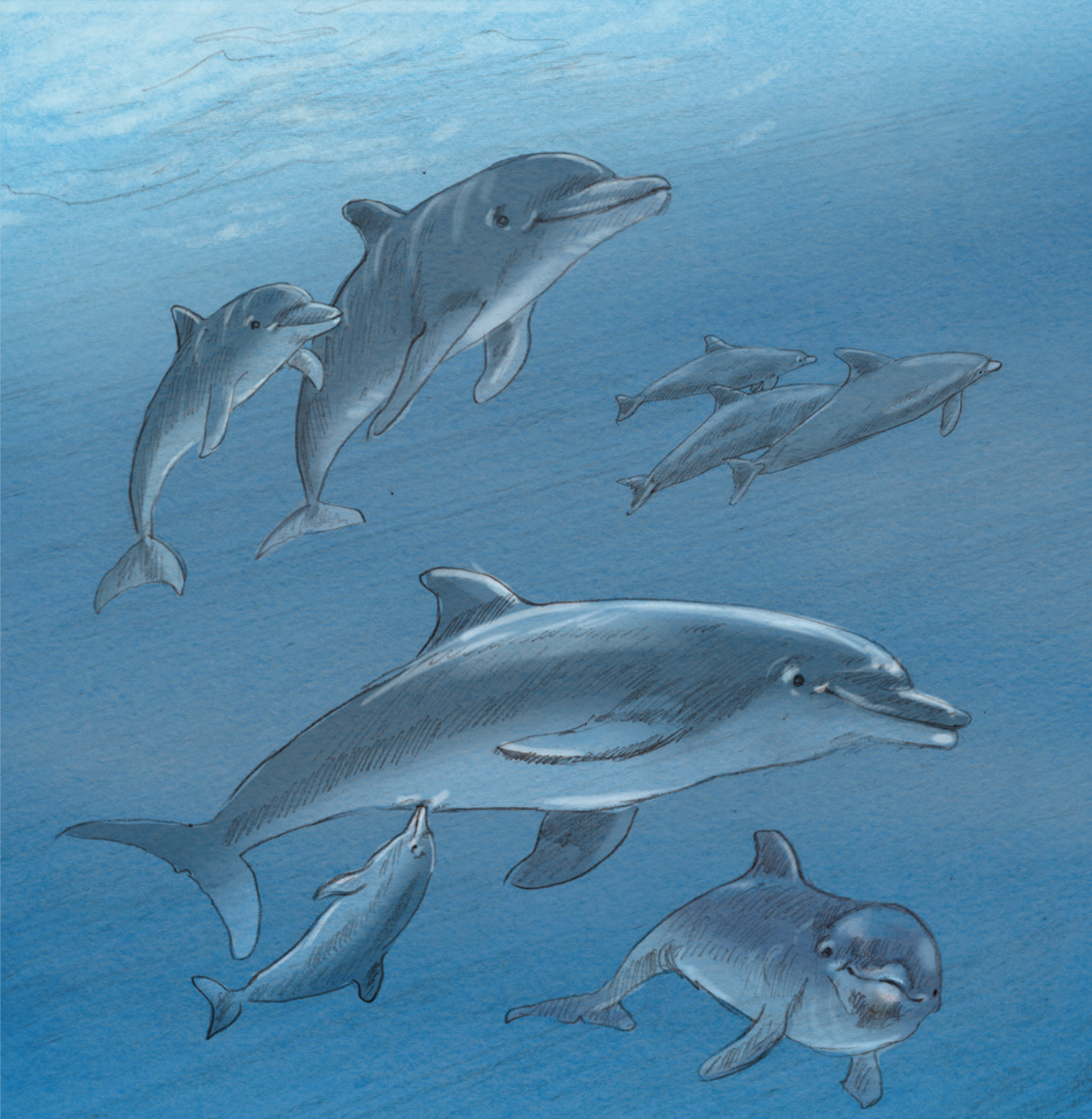
I Can Help My Family



This lesson is based on Galatians 5:13.



When God made the world, He created many wonderful things! He made hedgehogs and hippos. He made monkeys and meerkats. He created Adam and Eve and made them a family. God put us in families so we would feel safe and loved *(hug child)*. God put us in families so we could love and help each other.



God created animals that are very good at helping! Can you see the dolphins gliding through the water? God created them to swim with their big families called ***pods***. They love to be together. The mommies help their babies by giving them their milk to drink. The baby dolphins swim in the middle of the pod so they stay safe. They also use their long noses to keep danger away. Dolphins help each other by working together to catch fish. ***Thank You, God, for dolphins!***

Do you know the sound a lion makes? *(Roar!)* God made lions to live in big families called ***prides***. They each have a special job to help their family. The mommy lions' job is to look for food and look after the baby cubs. God made mommy lions to look after the baby cubs. Mommy lions are very fast, so they can catch their food. All the mommy lions work together to find food. The daddy lions' job is important too. They help their family by protecting them from danger. They guard the pride and look after the cubs when the mommy lions are finding dinner. ***Thank You, God, for lions!***





God made penguins to help their families in special ways too! The mommy penguin lays an egg and then carefully gives it to the daddy penguin. The egg needs to stay warm in the snow, so the daddy puts the egg on his feet and covers it with his tummy. *(Can you see the daddy penguins with the eggs?)* **He looks after the egg for a long time while the mommy is away catching fish. All the daddy penguins help each other stay warm by huddling close together. When the chicks are born, the mommies come back from the sea and feed the chicks while the daddies go and eat. How kind and helpful they are to each other!** ***Thank You, God, for penguins!***

God created so many amazing animal families that help each other. Your family loves to help you too. They want to protect you and make sure you are safe and loved. If someone in your family ever tries to hurt you, you should say, "Stop" or "No," even if they are bigger than you.

But when your mommy or daddy asks you kindly to help, you can smile and say ,"Yes, Mommy" or "Yes, Daddy." Jesus loves to see our families helping each other with a smile.

(Say together) **Thank You, God, for all the animals that help their families. Help me to think of ways I can help my family too!**



play throughout the Day

Learn

Choose an animal family from the lesson and look for a book or short online nature video about them. Practice the noises they make together. Act out the way they move, and the way they help each other as a family.

Create

Draw a picture of your family. You may like to draw outlines for your child to add faces and features to, as well as color in. Thank God for each person in your picture.

Model

Remember to always treat your child with care and respect, even when you're tired or frustrated. Whenever you ask your child to help around the home, get down on their level and whisper your instruction. Let your child practice saying, "Yes, Mommy" or "Yes, Daddy," with a smile on their face.

Play

Make cleaning up the toys or house into a game. Play energetic music and let your child know that by the end of the song, _____ needs to be done. Change it up by pretending to be different animals while you clean. Move in the way that animal does as you do your jobs.

Pray

Each day this week, ask God to help your family love and help each other.



Extension weekly memory verse: "Through love, serve one another" (Galatians 5:13).

THE HEART OF THE MATTER

For You, Parents

What is the secret to a happy family? Society loves to tell us it's all about big houses, material wealth, and lots of possessions. The latest toys and technology are *sure* to keep parents and children happy! And yet never has our world been filled with so much anxiety, selfishness, depression, separation, and hurt.

God has good news for us, though. He has given us the key to a happy family. He says in His Word, "Through love serve one another" (Galatians 5:13). When we invite Jesus into our hearts, we are filled with His love for others. We do not have to rely on our own strength to help our families. We can serve our families with God's love.

As human beings, we are inherently selfish. We want the best for ourselves—a prosperous, *easy* life. Even our children can develop entitled characteristics very early on. But this is not God's desire for us. When we serve our families with humble hearts, He turns selfishness into selflessness. He desires our families to be happy and He knows that when we serve each other, this will bring great joy and security to the family unit. "Our work for Christ is to begin with the family, in the home. . . . There is no missionary field more important than this" (Ellen G. White, *The Adventist Home,* p. 35).

Lord, I want our home to be filled with laughter and joy. I want to raise my children to be happy helpers—to always look outside themselves and to have hearts that overflow with love and kindness. Come into our home this week. Amen.

